



December 18, 2023

Happy Holidays from the Altenheim Family!



If you see an asterisk (*) by an article heading, there is additional information in the *Timely Resources for Readers* section of the newsletter.

Food Safety – In General*

As much as we enjoy leftovers, we need to be careful with them. Food safety is an issue whether it's the holiday leftovers, the Fourth of July picnic, or the meals delivered by the home delivered meal programs. How should food be stored? How long can it be refrigerated? How quickly should it be eaten or thrown away? Can the food be frozen? The [Rossen Report](#) offers tips on saving leftovers.

Food Safety & Older Adults*

Keeping food too long can have some serious health consequences. Some considerations may be especially applicable to older adults. *Food is expensive. *What about leaving food "on our plate"? How were we brought up to look at waste? We don't want to waste it. *How is our vision? Can we see the expiration dates? *Can we smell the odor of bad food or taste that the food is "off"? Decline in these senses can be considerations. *If you are a caregiver, make sure to check the pantry for expired foods and check the refrigerator for items that need to be thrown away. There may be many times that what seemed like a stomach bug was really a result of outdated or spoiled food.

Zoom Etiquette*

Although we have settled into a new normal post-Covid and many meetings and in-person events have resumed, we still have the option in many situations to attend meetings via Zoom. What guidelines should we pay attention to? Watch how you dress. Make sure you are in an appropriate environment. (Is it quiet? Is it private? Are there background distractions for other viewers?) Where is the baby? Is the dog barking? Others don't need the distraction of babies or pets. Avoid driving and Zooming. Eating while on camera is not a good visual. If you need or want to have lunch while Zooming, turn off your camera. If you're going to vacuum the living room, turn off or block the camera. (Yes, I've seen this.) Be considerate of other attendees and the host. Although we're not in the room with colleagues or our medical team (telehealth appointments), we still need to be conscious of the image we're presenting and setting up an environment that is conducive to the meeting focus.

Counterfeit Postage Stamps

The stockings are hung. The gifts are bagged. The cards are addressed but you don't have stamps. You see an ad on social media for discounted (greatly discounted) postage stamps. You order, you check out with your credit card information, and no stamps arrive. Counterfeit postage stamps are hitting the market with ads that look like the US Postal Service. The [Better Business Bureau](#) warns us about this scam that is especially "popular" during the holiday season. Remember: if it sounds too good to be true, it probably is.

FEMA Webinar Catalogue

The Federal Emergency Management Agency offers webinars on various topics focusing on preparedness including preparation for vulnerable populations such as older adults, those with disabilities, and children. They have just released their [catalogue of webinars](#) that have been archived and are free to watch. Check out the offerings.



West Virginia Waiver Programs & Related Services*

West Virginia offers several Medicaid Waiver programs to help those who are medically and financially eligible who would otherwise be in an institution, hospital, or nursing home. A Medicaid waiver does not have the same rules that normally apply to the Medicaid program. Those on Medicaid can remain at home receiving assistance with care services. There are several Waiver programs in WV including Aged & Disabled Waiver, Traumatic Brain Injury Waiver, Intellectual / Developmental Disabilities Waiver, and Children with Serious Emotional Disorder Waiver. For more information on the West Virginia Waiver programs and related services, go to the [website](#) and see which Waiver program may help you and your care receiver.

Gift Ideas

It can be difficult to choose gifts for our older friends and relatives. Gift cards from grocery stores, pharmacies, restaurants, the local Mall, or other businesses allow the recipient to choose. Do they like music? What about CDs or tickets to a concert? You could throw in transportation (maybe a limo?) and dinner. A box of assorted greeting cards and stamps can help people keep in touch. What about a [personalized coupon book](#) for chores: snow shoveling, grass cutting, weeding, planting the spring garden, putting up and taking down the holiday decorations, and other tasks that would help. House cleaning from a housekeeping company would be a welcome gift. A relaxation basket such as books, puzzles, tea / coffee / hot chocolate, a [guided journal](#) to record the story of your loved one’s life, and other items that your loved one enjoys. Your time – perhaps one of the greatest gifts.

An Attitude of Gratitude

Research has shown that expressing gratitude has a positive impact on our mental health. The article “[Giving Thanks Can Make You Happier](#)” in Harvard Health speaks to the benefit of *feeling* and expressing gratitude. During this holiday season, we can reflect on the past year (or years). The last few years have been challenging, at best. But amid the challenges, think about what is positive in your life. Check out the article for ideas. And speaking of gratitude....

With Our Thanks

- A Thank you to our callers who have placed their confidence in us for resource information. We appreciate you.
- A Thank you to our Altenheim Executive Director and Board for the years of support.
- A Thank you to our colleagues.
- A Thank you to the presenters who shared their time and knowledge with us at the cosponsored programs with Family Service UOV (Ohio County Senior Center). We hope to work with you in the future.
- A Thank you to our community partners.

All of you are very appreciated!

Up & Coming

- A Keep an eye out for more cosponsored programs at the Ohio County Senior Center in 2024.
- A The spring Ethics workshop is in the planning phase and we’ll have more information as plans are finalized.
- A We will also have more information on the fall Veterans workshop.
- A Announcements will be listed from our colleagues about coming programs.



Local Adult Services Coalitions

Adult Services Coalitions offer networking and educational opportunities for professionals who serve older adults. Meeting dates, times, and contacts are listed below.

OHIO

Belmont County: 1st Thursday at 11am at Senior Services of Belmont County, 67650 Oakview Drive, St Clairsville OH akoegler1995@gmail.com

Guernsey County: 3rd Wednesday at 3pm Stacey.clark-frame@altercareonline.net

Jefferson County: 3rd Thursday at 3pm at Prime Time starr.decariarx@gmail.com

Harrison County: 4th Wednesday at 3pm at Cadiz Senior Center tblanchard@theicgroup.com

WEST VIRGINIA:

Hancock County: 3rd Wednesday at 2:00pm at Hancock County Senior Center starr.decariarx@gmail.com or alivingston@change.org

Brooke County: 2nd Monday at 2pm at the Brooke County Senior Center Eric Fithyan chambersandjames@gmail.com

Ohio County Adult Services Coalition: 3rd Tuesday at 1:00 at Vance Memorial Church tblanchard@theicgroup.com

Senior Partnership of Ohio / Marshall Counties (formerly Ohio/Marshall County Coalition): 1st Monday at 11am via Zoom pcalvert@fsuov.com

Marshall County Senior Coalition: 2nd Weds at 2:30pm at Marshall County Senior Center corris@valleyhospice.org

Vaccinations, Boosters, Flu Shots

Vaccinations are covered by Medicare for those who have prescription coverage.

- The CDC offers [information on vaccinations](https://www.cdc.gov/vaccines/imz/downloads/#/adult) which are appropriate to age and health conditions. The general recommendation from the CDC is to get the flu vaccination by the end of October.
- Covid vaccinations, boosters, annual flu shots, RSV vaccinations, shingles vaccines, TDAP (tetanus) vaccinations, and others are available at most pharmacies.
- Vaccinations including the shingles vaccine are now covered by Medicare *for those with prescription coverage*. Check with your physician for any contraindications.

Timely Resources for Readers

***Food Safety**

- ⌘ [FoodSafety.gov](https://www.foodsafety.gov) gives consumers safety tips on food storage, recalls and outbreaks, and food safety charts.

***Food Safety & Older Adults**

- ⌘ There are factors to consider as we age that may affect how we react to foodborne illness. Here are some [safety considerations](#).
- ⌘ The Centers for Disease Control offers [safer food options](#) for older adults.

***Zoom Etiquette**

- ⌘ Here is [a chart](#) with suggestions for participants and hosts.
- ⌘ The [Johns Hopkins School of Nursing](#) offers more tips for “Zooming”.

***WV Waiver Programs & Related Services**

- ⌘ Find out about other states’ waiver programs [here](#) or call your local Health & Human Services office to see if there are waiver services that can help you.
- ⌘

All information presented is for educational purposes only.



Altenheim Retirement Community

Founded 1891

Our cottages are situated adjacent to our Main House at 1387 National Road, Wheeling

Conveniently located close to medical care, churches, shopping, restaurants, recreation

Offering 8 independent cottages for those who are 65 and older

Two bedroom, two bath, living room, kitchen room, dining room

Stove, refrigerator, dishwasher, microwave, washer and dryer are included

Lawn care, snow removal, general maintenance, general repairs included in monthly rent

Utilities are not included

Pets considered ~ call for our pet policy

We are accepting applications!

Contact George A. Dakovic, Executive Director at gam.dakovic@gmail.com or 304 281-8797



Altenheim Resource Services

Altenheim Resource Services, a division of Altenheim Retirement Community for over 25 years

Empowering older adults, caregivers, & advocates with information on aging, services and resources

Free & confidential information and no geographic limitations

Let us be YOUR GATEWAY TO CARE FOR OLDER ADULTS!

Ann Koegler, M.A., L.S.W., Resource Services Coordinator Akoegler1995@gmail.com

<https://www.altenheimcommunity.com>

Information on Altenheim, Resource Services, calendar of events, blog, and a photo gallery

Contact us at 304 280-8701 with questions about resources and issues concerning older adults and caregiving.

